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KATY PERRY'S PERSONAL TRAINER, HARLEY PASTERNAK, TELLS METRO HOW THE 28-YEAR-OLD POP STAR STAYS IN SHAPE PAGE 12

'The system is broke' ... I'm so sorry, says LTC chief

Larry Ducharme, general manager of the LTC, apologizes for poor service PAGE 2

Complications in return home from Egypt

Ontarians John Greyson, Tarek Loubani still under investigation, says Egypt's Foreign Affairs Ministry PAGE 5

If prince charming was a stalker ...

'Quirky' rom-com about 'self-centred' guy's obsessive love of woman set to marry someone else PAGE 10

A construction crew works Monday on Wharncliffe Road. Bumpy times could be ahead for city infrastructure projects. MIKE DONACHIE/METRO

Don't be scared, says the mayor

Transportation. Funding gap totals a massive $640 million

MIKE DONACHIE
mike.donachie@metronews.ca

Does this "scare the Bejesus" out of you? The mayor thinks it will.

A total of 25 per cent of London's roads are rated in a "poor" or "very poor" state of repair, with decaying surfaces, potholes and other problems.

How about this?

"You have to make some choices and they're hard choices," city treasurer Martin Hayward told councillors Monday night. "Some of it will result in tax increases. You have no alternative."

Scared yet?

Some staff at city hall think you should be. London has a big problem.

The civic works committee heard the funding shortfall for transportation infrastructure is $640 million, including maintenance costs, improvements to deal with traffic growth and funding for the new rapid transit project.

But Mayor Joe Fontana pointed out that 75 per cent of roads are up to standard.

"When you want to inform the public you don't want to scare the Bejesus out of them," he said. "The city's not falling apart."

He did accept London's roads need work, and blamed federal and provincial government for underfunding municipalities, which receive nine cents out of every tax dollar, Fontana said.

Funding is the big issue, with the budget-setting process looming, and Coun. Matt Brown, seen by many as a possible candidate for mayor next year, said London is at its maximum for debt.

"We can't continue to kick this can down the road for future generations to deal with," said Brown.

Big bumps in the road

- **25%:** London's local, secondary or arterial roads rated "poor" or "very poor" for their condition.
- **47%:** London's street lighting that's poor or very poor.
- **49%:** Poor or very poor standard traffic signals.
- **$640 million:** Gap between funding and necessary spending on transportation over the next 10 years.

NEWS 1

LTC GM apologizes for 'poor quality of service'

Transit. But better buses are on the way if funding can be found

MIKE DONACHIE
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"The system is broke," said Larry Ducharme, general manager of the London Transit Commission.

"I apologize to Londoners for the rather poor quality of service that we give them. I'm not talking about how it's delivered. There's just not enough."

It was an astonishing admission from the head of the Forest City's only mass transit system, but it reflects comments made daily by Londoners.

But there's light at the end of the tunnel, and yes, it's an approaching bus. Ducharme's comments came during a civic works committee debate about London's proposed BRT bus rapid transit system.

Councillors heard about plans that, like the current buses, would take years to arrive, but would link all four points of the compass in London.

Already there's an express service from Masonville to downtown, taking just 13 minutes, and the plan is to add Fanshawe College in the east, Victoria Hospital and White Oaks Mall in the south and Oakridge Mall in the west.

A London Transit bus makes a stop Monday along Richmond Street. The street already plays home to an express route from Masonville, and the city is trying to expand such routes into other parts of the city. MIKE DONACHIE/METRO

Now the challenge is to fund it. A business case will go to federal and provincial governments, with the total bill about $400,000, but London faces difficult choices come budget time. The funding will be agreed as part of the process of setting development charges. LTC will also need a $10 million increase in its annual budget.

Monday's committee meeting heard, though, that every dollar invested in BRT will pay back $1.80 in value to the city.

Mayor's apology

- Mayor Joe Fontana was forced to apologize during the discussion about transit after making a reference to bureaucratic BS — except he didn't say "BS."

'We still need help': Habitat calling on St. Thomas

Habitat for Humanity is trying to complete this home on St. Thomas' Westlake Drive by Christmas. ANGELA MULLINS/METRO

Habitat for Humanity's first project in St. Thomas is hitting crunch time — in need of community donations to make sure a local family has a home of their own for Christmas.

The framework for the Westlake Drive house is well in place. The exterior walls are up, roofing is in the works, and, for all intents and purposes, the project looks well on its way to completion.

That is part of the problem, said Jeff Duncan, CEO of Habitat for Humanity Oxford, Middlesex, Elgin.

"I think, sometimes, people think there's someone magically writing a cheque for this," Duncan said. "But, you have to tell people, 'we still need help.'"

The non-profit is doing just that, asking people to step up and help put the finishing touches on what could be a life-changer for Diane Doucet and her 4-year-old daughter.

Juggling caring for her daughter with her job as a personal-support worker, Doucet is relying on family members for a place to stay until the Habitat house is ready.

Standing in the way of the Doucet's move is a mountain of needed materials — ranging from lighting to siding — and donated time from people with expertise in the trades.

While it has a well-established crew of donors and volunteer labourers in its home base of London, Habitat is in the process of cementing its footprint in surrounding areas.

Part of that process, Duncan said, is pulling together a steady crew of donors and volunteer labourers.

"There's no sort of community memory there yet," Duncan said. "We're still establishing those relationships."

ANGELA MULLINS/METRO

At a glance

- For details about donating to Habitat for Humanity Oxford, Middlesex, Elgin's project in St. Thomas, call 519-659-1949, Ext. 228.
- The Habitat branch that serves the region started in 1993 in London.
- It expanded about a year ago to take on projects in surrounding areas.

Local, provincial trend.
Building permit values tumbling: StatsCan

The total value of building permits issued in the London area fell again in August after a steep drop in July, Statistics Canada reported Monday.

That mirrors the situation in the rest of Ontario, where the value of building permits took the sharpest nosedive in the country in August.

Locally, the value of permits dropped from $83.1 million in July to $68.3 million in August.

Year over year, the value of building permits in London-St. Thomas dropped by 32.8 per cent.

Drop

17.8%

Decrease in value of local building permits between July and August.
SOURCE: STATISTICS CANADA

The decrease in Ontario was mainly the result of fewer multi-family dwellings being built along with a drop in commercial and institutional building projects buildings.

SCOTT TAYLOR/METRO

Tips sought. Canada Post boxes damaged: Police

Woodstock police say vandals, and possibly thieves, targeted at least two Canada Post boxes over the weekend.

The investigation started after police responded to a mischief call Monday morning involving a community mailbox on Ferguson Drive. The outgoing mail slot had been pried open, police said.

Police checked other boxes in the area and found the same damage had been done to a box on Lindsay Road.

It's unknown if anything was stolen at either location.

Anyone with information should call police at 519-537-2323 or Crime Stoppers at 800-222-8477. METRO

Examining the cost.
AG ready to issue report on gas-plant scandal

The $585-million price tag for the cancellation of two energy projects in Ontario is expected to rise even higher Tuesday when the province's new auditor general releases a special report.

A previous auditor's report on the Liberal government's decision to kill a partially built gas plant in Mississauga in the middle of the 2011 election campaign put the cost of that project at $275 million, $85 million higher than the Liberals had been claiming.

Newly appointed auditor general Bonnie Lysyk's report will detail the cost of cancelling a gas plant in Oakville and moving it to the Kingston area — which the Liberals put at $40 million, but the Ontario Power Authority estimated at $310 million.

The auditor signalled the same criteria from the Mississauga plant report would be used in examining the cost of cancelling the Oakville plant, which means lowering projected savings the government had been claiming for the 20-year contract with the plant's developers.

"They (Liberals) have at every single instance tried to prevent us from getting the true costs," Progressive Conservative energy critic Lisa MacLeod complained Monday.

"This strikes at the very heart of our democracy, if a government can spend hundreds of millions of dollars to save seats in an election."

THE CANADIAN PRESS

'Seat-saver program'

The opposition parties called the decisions to scrap the plants "an expensive Liberal seat-saver program" for the 2011 election, when the governing party fell one seat short of a majority, but held on to all five seats around the cancelled energy projects.

Cars and trucks, a big source of noise complaints from nearby residents, rumble along Veterans Memorial Parkway on Monday. MIKE DONACHIE/METRO

Noisy problem near Veterans Memorial Pkwy.

Above city limit of 60 dB. Council committee debates options for reducing traffic noise near homes

MIKE DONACHIE
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The long-running problem of traffic noise plaguing residents west of Veterans Memorial Parkway was back Monday night at a council committee.

Councillors heard that years of testing had confirmed that traffic noise near the homes was above a city limit of 60 decibels, despite earth mounds designed to dampen the nuisance.

So city staff presented various options, ranging from a $300,000 berm to a $1.7 million wall.

But, as debate raged in the council chamber, Coun. Harold Usher expressed concerns that paying out too much and cutting noise levels too far would set a precedent for other areas.

He said the cheapest option would reduce traffic noise far enough so that's what he formally proposed.

However, Coun. Bill Armstrong was firmly behind the residents.

"They shut their windows," he said. "They stay inside all summer. They're not making this up. It's that noisy."

He said a wall was the only long-term solution and the residents "have a right" to enjoy their properties.

In the end, the committee agreed to recommend the cheapest option, a $300,000 berm.

Timeline

- **1990s:** Housing built, with earthworks to shield against noise.
- **2005:** Veterans Memorial Parkway widened.
- **2007:** Testing confirms wider road, spreading cars, has cut noise.
- **2011, 2012, 2013:** Renewed testing shows the road, becoming busier, is breaking noise limits.

SIU to probe crash involving police cruiser

Ontario's Special Investigations Unit will investigate a Sunday morning crash that sent four people to hospital with minor injuries.

A London police officer en route to a call was hit by a Toyota Celica about 11 a.m. at Oxford and Adelaide streets.

Officials at the scene said the crash happened as the police cruiser, which had its lights and siren on, was crossing through the intersection on a red light.

The Celica hit the cruiser, and then ricocheted into two pedestrians standing at the corner before it slammed into a business on the southeast corner.

The officer involved was taken to hospital, but didn't require any medical treatment.

Police and other emergency vehicles are allowed by law to cross intersections for emergencies with lights and sirens operating, as long as they stop first and decide it's safe to continue.

The SIU invokes its mandate to investigate when a civilian is hurt as the result of a police operation.

SCOTT TAYLOR/METRO

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LE Eco

Corolla LE ECO shown.

**2014 Corolla LE ECO base model comparisons are with respect to all other gasoline powered models in the class for sale in Canada, excluding hybrids.*

***Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.*

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Car's occupants taken to hospital after tractor-trailer ignites

A tractor-trailer burst into flames after a crash just before 2:30 p.m. Monday at Veterans Memorial Parkway and Bradley Avenue. Occupants of the car involved were taken to hospital, but their injuries aren't believed to be serious, London fire platoon chief Doug Shannon said. "The transport went off the road, hit a telephone pole and burst into flames," Shannon said. Details about which driver was at fault weren't available. There were no hazardous goods on the truck. SCOTT TAYLOR/METRO

Release from Egyptian prison. Future for Loubani, Greyson murky

Two Canadians unexpectedly freed from a prison in Egypt over the weekend are expected home by the end of the week, a close relative said Monday, but an Egyptian official said the men's fate remained in the hands of a judge.

Cecilia Greyson said her brother, John Greyson, and his colleague, Tarek Loubani, a London emergency room doctor, are doing well and using a delay in dealing with unspecified bureaucratic glitches to acclimatize to their freedom.

"We knew all along that it was going to be at least a few days for them to actually be able to leave Egypt," Greyson said, noting the pair were released "without conditions."

A spokesman for Egypt's Foreign Affairs Ministry, however, said the men remained under active investigation, and it was far from clear when they might be allowed to leave the country.

"The public prosecutor office and the investigative judge should decide whether they will be tried before a court, or the whole investigation file should be closed and then they'll have the right to go home," Badr Abdelatty said.

Abdelatty said he was unable to say how long it might take for that decision to come down, but said until that happens, the duo would remain free but required to stay within Egypt's borders.

THE CANADIAN PRESS

Foreign affairs

- In a statement, a spokeswoman for Lynne Yelich, Canada's minister of state for foreign affairs, said the department was working to ensure the duo can leave Egypt. She offered few details.

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Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year." MELINDA TAUB/MWN

Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

Kooiman didn't cite a source, but a satirical news site called National Report had posted a similar story. THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from France's richest woman on the way to his 2007 election victory, his lawyer and an official said. THE ASSOCIATED PRESS

Anti-Korean group told to pay for 'hate speech'

Japan. Court orders $120,000 in compensation paid to school after classes disturbed by rallies that frightened children

Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted, "kill Koreans" and threatened to "throw them into the sea." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen ($120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours. THE ASSOCIATED PRESS

Somalia. Target of SEAL attack planned to strike UN's Kenya HQ: Report

The man U.S. Navy SEALs tried to take down in Somalia over the weekend was a Kenyan who had plotted to attack his country's parliament building and the UN headquarters in Nairobi, according to a Kenyan intelligence report.

The pre-dawn, seaside raid Saturday targeted Abdulkadir Mohamed Abdulkadir — also known as Ikrima — a U.S. official said. The U.S. troops are not believed to have captured or killed their target.

In the internal report by Kenya's National Intelligence Service, Abdulkadir is listed as the lead planner of a plot sanctioned by al-Qaida's core leadership in Pakistan to carry out multiple attacks in Kenya in late 2011 and early 2012. Those attacks, linked to the Somali Islamic extremist group al-Shabab, were reportedly disrupted.

The report, leaked to media in the wake of the Sept. 21 attack on Nairobi's Westgate Mall, also warns of "Mumbai-style attacks," referring to the assaults in Mumbai, India in 2008 in which operatives stormed several locations with guns and grenades. THE ASSOCIATED PRESS

The White Widow

- The report lists Samantha Lewthwaite — a Briton known in U.K. media as "The White Widow" — as one of several "key actors" in the plot to attack Parliament buildings, the UN office in Nairobi, Kenyan Defence Forces camps and other targets.
- The plotters also intended to assassinate top Kenyan political and security officials, the report said.

Samantha Lewthwaite, a.k.a. "The White Widow" CONTRIBUTED

Mexico. Organizers, driver of monster truck blamed for fatal disaster

Quoted

"There is no excuse for why the spectators were situated as they were, period."

Marty Garza, spokesman for the Monster Truck Racing Association

Mexican government officials and event organizers on Monday blamed the driver of a monster truck for losing control and plowing into a crowd of spectators, killing eight and injuring dozens. Motor-sports experts pointed to the organizers, saying the setup of the state-sponsored show was blatantly deficient and life-threatening.

Organizers of the Extreme Aeroshow said that hundreds of families had gathered without permission in what was supposed to be the pit area of the makeshift arena in a park in the capital of the state of Chihuahua. One organizer said the spectators weren't moved because "crowd management is very difficult."

The pit area was unprotected by any barrier and sat feet from where the monster truck known as "Big Show" was crushing a pair of old cars, leaping into the air and rolling over their hoods and roofs. Video of the accident shows the truck coming down hard off the second car, bouncing, then speeding into the crowd.

It was the second disaster in less than a month to focus attention on Mexico's patchy and loosely enforced system of consumer safety. Experts widely blamed much of the billions of dollars' worth of damage from Tropical Storm Manuel and Hurricane Ingrid, which killed 157 people and displaced thousands, on the government's failure to prevent home construction in floodplains and enforce building standards for highways and bridges.

Chihuahua state Gov. Cesar Duarte and organizers of the weekend event tried to pin responsibility for the truck accident on the driver, saying he should only have driven in one direction over the cars, away from the pit area.

"He turned and came back in the wrong direction, came back to do a jump, and that's unfortunately where this accident happened," Duarte told Milenio Television Monday morning. THE ASSOCIATED PRESS

Argentina. President to have surgery to remove blood clot from brain

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

The president's doctors said they had ordered President Cristina Fernandez on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches. In some patients, such blood clots reabsorb by themselves over time.

But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday evening, according to doctors at the Fundacion Favaloro, one of Argentina's top cardiology hospitals.

"Facing these symptoms, the team decided on surgical intervention," the hospital's doctors said in a statement Monday.

The surgery involves drilling small holes through the skull to remove old blood. THE ASSOCIATED PRESS

Argentina's President Cristina Fernandez arrives at a local hospital in Buenos Aires Monday. PABLO MOLINA/DYN/THE ASSOCIATED PRESS

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Designer denim is the new hoodie

No offence Mark Zuckerberg... but hoodies are out in Silicon Valley, with young men ditching sweats for suits — or at least a sport coat

Peter Dering, founder of online startup Peak Design, looks through a package of clothing he got from Buck Mason at his office in San Francisco on Monday. Buck Mason, a new online men's store, has capitalized off men like Dering who are increasingly interested in looking dapper, not dowdy. JEFF CHIU/THE ASSOCIATED PRESS

The Silicon Valley has had a men's fashion problem dating back to its founders.

From their inception, tech companies went out of their way to be different — and that meant no more business suits. Thus brilliant innovations took place in the dumpiest of outfits as leather sandals, elastic-waist jeans and old T-shirts became ubiquitous.

But that's changing as a younger generation of engineers and designers have arrived seeking clothes that co-ordinate.

"There's definitely a shift happening here, and the age of the Silicon Valley culture has something to do with it," said image professional Joseph Rosenfeld.

"As a generation," he said, young professionals "tend to care more about style than engineers of the past."

The market has responded to this new attitude among the region's rising nerds, geeks and hackers with new online men's stores, personal style consultants and an array of high-end shops at Northern California's biggest mall. They're catering to the emerging members of a creative industry who, nonetheless, are seeking something of a uniform.

"They'll typically wear designer denim and a great button-up shirt by day, and throw on a sport coat at night to go to a cigar or wine bar," said Westfield Valley Fair mall general manager Matt Ehrie.

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Chichi makeover attempt: Birks becomes Maison Birks

Moving from Paris to Montreal would be a culture shock for many, but not for Jean-Christophe Bédos and his family.

"My children speak English at home, and they already see themselves as Canadians," the bilingual father of four and CEO of the newly named Maison Birks jewelry empire says in an interview.

The transition on the home front is nothing compared to the big changes taking place lately at the Montreal-based luxury icon, which Bédos took over nearly two years ago.

For starters, the Moroccan-born Frenchman has tweaked the name that has been a fixture in Canada for 135 years to Maison Birks to give it the caché of other elegant retailers like Chanel and Dior, which also use Maison in their names (literally meaning "the house of").

"It's a signature of where we're from," he says, noting the addition of French mixed with the Birks English family name.

The new logo is a diamond shape to signify the jeweller's expertise in that business along with the Maison Birks name and the year the company was founded, 1879, inside.

The storied company that has remained in Canada over a century (it also owns 20 Mayors jewelry stores in the U.S.) wants to create an international buzz with a big push into China.

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WILL YOU SPLIT THE COST WITH ME?

SHE SAYS

Jessica Napier
metronews.ca

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the modern reality of joint bank accounts and merged finances. Cohabitation before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the wedding industry complex, which dictates that diamonds are an essential part of the courtship ritual. But increasingly it seems that the ring itself — the cut, the colour, the sparkle — has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried, "Congratulations," before demanding to see the ring. Every weekend social media is flooded, not with images of smiling couples, but with close-up, iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheque to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Folk girl is larger than life

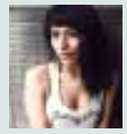
COURTESY NATALIA RAK

No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. METRO

Artist's comments



"At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to."

Natalia Rak, 27, graphic designer

Timeline

4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't — and still can't — enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.

ISTOCK IMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like Then He Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation — and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld — eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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DVD review

After Earth

Director. M. Night Shyamalan

Stars. Jaden Smith, David Denman, Will Smith

●●○○○

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL

Sara Canning and Ryan Kwanten star in The Right Kind of Wrong. CONTRIBUTED

A story of love in the time of camera phones

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: The Right Kind of Wrong isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by True Blood star Ryan Kwanten), whose reputation is left in tatters by his ex-wife's hyper-popular blog Why You Suck.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way. ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

Adaptation

The film is adapted from the 1987 novel Sex and Sunsets, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

Villain sinks his Klaus into very own spinoff

The Originals. The Vampire Diaries spinoff gives bad guy Klaus Mikaelson more time to shine

The big, bad villain on the CW's The Vampire Diaries has his own series now.

Joseph Morgan first appeared during season two as Klaus Mikaelson, one of the world's first vampires, who is also half-werewolf. He was a series regular in the third and fourth seasons. "I love it," said the 32-year-old Morgan. "It's been one of the most fun characters I've ever played."

Fans loved Morgan's Klaus and his fellow vampire family members. They were making YouTube videos about the clan before the spinoff was announced.

Morgan is joined on the series by Vampire Diaries cast members Daniel Gilles, Claire Holt and Phoebe Tonkin. The show premiered last week on Thursday (9 p.m. EDT), but will begin airing in its regular Tuesday time slot (8 p.m. EDT) beginning today.

We asked Morgan a few questions about his new show.

How would you describe Klaus?

Klaus is an original vampire. His family was the first vampires to ever walk the planet. He's also a hybrid. He's half-vampire, half-werewolf because his father was a werewolf, different to his siblings. (His siblings had a different father.) So, when we were made vampires 1,000 years ago and we each made our first kills, part of the werewolf curse is when you make your first kill, you transform (into a wolf), so it was then that my hybrid nature became apparent.

What's it like to star in your own show?

For me it's more consuming because I'm just in more of it. There's more to do.

THE ASSOCIATED PRESS

Joseph Morgan as Klaus Mikaelson. THE ASSOCIATED PRESS

Twitter

@mindykaling
The hell of the modern dinner party is that interesting people never want to talk about themselves and boring people ask no questions.

@johncusack
well that instagram aint me don't even have an acount.

@ElizabethHurley
PS contrary to ludicrous reports, family, friends & followers, I am certainly not trying to have a baby..... mind boggling.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

She's once, twice, six times an expert: Lindsay's tough lessons turn her to teaching?

Having been checked into rehab six times herself, Lindsay Lohan is something of an expert when it comes to recovery. Or at least that appears to be the thinking behind her latest idea for a career move. The troubled starlet is reportedly looking into opening her own rehab centre and naming it after herself, according to Radar Online. "Lindsay is telling friends that she knows what works and doesn't when it comes to treatment. She feels that she is in the right frame of mind now to give advice to other young people who have their own problems," a source says. "She loves the idea and really believes that if her name is attached to it, it will help draw attention to sobriety."

A pain in the neck won't stop this Snow White star

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."

Scarlett Johansson

Sexy Scarlett knows her title Don come easy

Scarlett Johansson is officially very attractive. Esquire magazine has dubbed the Don Jon star the Sexiest Woman Alive once again, making her the first woman to have the honour of earning the title twice. She was also named Sexiest Woman Alive by the magazine seven years ago. And Johansson doesn't plan on wasting this opportunity. "I'm the only woman to win twice, right? You know, I've got to hustle," she tells the magazine. "I'm a 28-year-old woman in the movie business, right? Pretty soon the roles you're offered all become mothers. Then they just sort of stop."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jai gets jilted: A D-list love triangle plays out on Twitter

MELINDA TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and did not respect my relationship, his actions caused me to not be able to sleep at night and not see the world as a beautiful place. Nathan if you read this, when you hold her hand you better hold it tight because you are holding my world."

Aw, poor kid. Who knows what really went down, but he really does sound heartbroken. I am Team Jay. Sorry, I mean Team Jai.

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Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

ROMINA McGUINNESS
life@metronews.ca

She may have John Mayer, more than 42 million Twitter followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

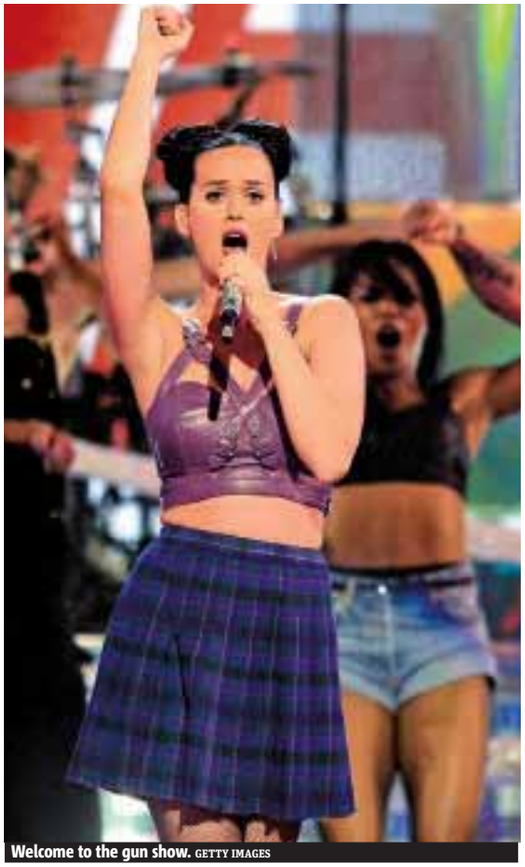
It's not only all about her presence and stamina on stage.

"People (not just the singer) are constantly rolling their shoulders forwards, whether that's because they've been sitting down for too long, texting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer



Welcome to the gun show. GETTY IMAGES

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism

Breakfast

Red breakfast smoothie

Lunch

Salad with grilled chicken

Dinner

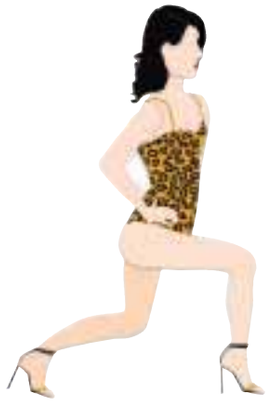
Shrimp stir-fry

Snack 1

Cut veggies with hummus

Snack 2

Air pop popcorn



The Perry workout

Do 3 sets of 20 reps for each move.

Skater lunge

Works the glutes, quadriceps and a bit of your adductor muscles and hamstring. Stand with your feet shoulder-width apart. With your right leg, step back and across your body, dropping your right knee behind your left heel. Then return to the beginning stance and do the opposite — step your left leg back and across your body, dropping your left knee behind your right heel.

Triceps press-up

Works the triceps. Lay on your stomach (on the floor or a mat) with your hands on the ground beside your chest. Keeping your elbows tight against your rib cage, press up into a cobra-like position using your triceps. Return to the original lying position and repeat.

Bent over dumbbell row

This works the back. Start by standing with feet shoulder-width apart, knees slightly bent, holding a dumbbell in each hand with your arms by your sides, palms facing toward you. Bend your knees and hinge forward from your hips, pushing your butt back and keeping your back straight, but as close to parallel to the floor as you can get. This is your start position. To initiate the row, drive your elbows behind you, squeezing your shoulder blades together, to bring dumbbells tight against your ribs. Lower dumbbells toward the floor, slowly releasing the row movement and return to the standing start position. That's one rep. Make sure you look straight ahead — not at the ground — for the duration of the movement.

Lying side bends

Works the obliques. Lie on the ground on your left side, hands stretched above your head. Lift the right knee and pull the right elbow down so they meet. Return to start. Repeat on the other side.

Best Health

The road to a cancer-free world

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

October is Breast Cancer Awareness Month, and as freelancer Lesley Young writes in the October issue of Best Health, there is a lot to celebrate when it comes to the advances being made in the fight against the disease. To put it into perspective, the breast-cancer survival rate is now 88 per cent, up from 79 per cent 25 years ago. There is still a lot of work to be done. Here are just a few examples of our Good News Awards.

Prevention: most surprising discovery
In early 2013, a study of 1,200 healthy women showed that those with low vitamin D levels during a three-month period before diagnosis had three times the breast-cancer risk as women with the highest vitamin D levels. This suggests that taking vitamin D is strongly connected to cancer prevention.

Detection: most promising technology
The current mammography catches 85 per cent of breast cancer in women whose breast tissue is primarily fatty. But it catches only 60 per cent of cancers in women whose breasts are dense (more tissue than fat). New technologies — breast tomosynthesis and breast-specific gamma imaging — are being developed that are expected to offer better analysis for women with dense breast tissue.

Treatment: most exciting targeted treatments
The drugs in development right now are the next generation of treatment for women with various types of breast cancer. They include one being developed by research leaders right here in Canada — the so-called "sharpshooter" drug can target only the bad cells, whereas traditional chemotherapy is non-specific.

So keep on participating in fundraising activities, this month and all year round. The money you are raising is truly making a difference. If you have participated in a fundraiser, share your stories and photos at besthealthmag.ca/challenge.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

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SOCIETY SAVING LIVES, NOT SOMEDAY, BUT TODAY

LEUKEMIA & LYMPHOMA SOCIETY
METRO CUSTOM PUBLISHING

The Leukemia & Lymphoma Society of Canada (LLSC) exists to find cures and ensure access to the best available treatments for blood cancer patients. We are saving lives, not someday, but today.

There are currently more than 100,000 people affected by blood cancer in Canada. Someone new is diagnosed every 28 minutes and someone passes away every 77 minutes. There have been many advances in blood cancer research over the last few years, resulting in large increases in the number of people that survive. Since the 1960s, survival rates for blood cancer patients have doubled, tripled, or even quadrupled. The survival rate for the most common type of childhood leukemia is indicative of research success. In 1964, the chance of surviving this disease was three per cent. Today it's 90 per cent. Despite this progress, almost half of patients don't survive long term. The LLSC is determined to change this statistic.

To date, LLSC has invested more than $28 million in research to advance therapies and save lives. Critical cancer treatment innovations such as multi-drug chemotherapy and stem cell transplantation started with blood cancer therapies. Gleevec, developed for patients with a specific form of leukemia, is now also used to treat patients with rare types of stomach and skin cancers and is showing promise against other cancers, too. The LLSC provides funding across the continuum from basic research to clinical trials, from bench to bedside. Currently, the LLSC is investing in a clinical trial for people with a particularly hard to treat type of acute leukemia. The new treatment is more than doubling the number of people alive one year after treatment. The LLSC is dedicated to funding more research breakthroughs like this one.

The LLSC is also the voice for those affected by blood cancer. The society is a leading source of free blood cancer information, education and support for patients, survivors, caregivers and healthcare professionals. The LLSC works with patients and caregivers in their communities through its offices across Canada, helping them navigate cancer treatment and follow-up care. The LLSC advocates for patients, survivors and their families to ensure they have access to quality, affordable and co-ordinated care through their treatment and survivorship years. While it is important to find cures, it is equally important to support patients and their families as they face cancer.

The LLSC is committed to a world without blood cancers. For more information, please visit LLSCanada.org.

I WALK AS A SURVIVOR
An evening of solidarity and hope, The Leukemia & Lymphoma Society's annual Light The Night Walk supports vital blood cancer research and patient services across Canada.
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LIGHT THE NIGHT WALK
Kaitlyn

Tomatoes, feta, corn and avocado go with the grain

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves eight. ROSE REISMAN.

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

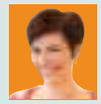
1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until the corn begins to brown. Add the tomatoes and cook until slightly charred (about 3 minutes).

3. Add the beans, arugula, feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

Health Solutions

Getting corny



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Corn is a great source of fibre, lutein and zeaxanthin to protect your eyesight. Its sweet juiciness also lends itself well to all fall culinary flavours. Here are some creative ways to enjoy it.

• Cut short three-inch chunks and roll in extra virgin olive oil. Then, place into the oven at 375 F for 20 to 30 minutes, turning occasionally. These roasted husks are a beautiful addition to a chili or a side dish to grilled meat.

• Remove the silk and soak for an hour in cold water then place directly on the grill, turn often for 20 to 30 minutes. Remove husks and keep some of the inner leaves as garnish leaves or platter linings through the winter months to add a fresh flair. Store flat in freezer bags in the freezer. Eat corn as usual, rolled in butter.

• Cut from the cob raw and toss into a skillet with a pinch of smoked paprika and/or cayenne and a generous squeeze of lime juice. Add a dollop of butter and serve as a side dish with fish.

• Cut any leftover corn off the cob and stir with minced red onions and a vinaigrette. Use as relish.

• Scrape corn from the cob with a flat knife and reserve any "cream". Stir 1/2 cup corn with its cream with 1/2 cup Greek yogurt and 1/4 cup grated cheddar cheese with a dash of Worcestershire, pinch of oregano and a clove of minced garlic. Use as a bread spread or in wraps in place of mayo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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OMG! She can get 500 men and she can get 500 more: the 100,000-man challenge

Poland's Ania Lisewska knows how to reach her goals. CONTRIBUTED

KIERON MONKS
Metro World News

In May, Ania Lisewska from Warsaw had an unusual epiphany, deciding she could contribute to a more progressive society by sleeping with 100,000 men covering every country.

The 21-year-old design student's tally is so far just shy of 1,000. She has been prevented from entering countries such as Iraq and Lebanon, but told us she is still confident.

Your mission could take forever. Do you expect to complete it?
The end is far away but I am slowly making progress and everything is going to plan.

It seems very demanding. What is your motivation?
The project started to fight the taboo around sex, and if I can do something for this it will be a good achievement. I am motivated by the positive feedback I am receiving from my fans.

And where have you received the best welcome?
Every country has great lovers, especially Polish, Czechs and Portuguese.

You have become a sort of celebrity. What sort of fan mail do you get? And what do your friends and family think?
Feelings are mixed. There are extreme cases of outrage, threats and negative opinion. I was surprised by the confusion and noise around the project — I had no idea it would move people so much. My family is not very interested.

Have you thought about just doing something else?
Not until I complete my mission!

Uniting to prove not evolving is a sin

Q&A. Transhumanists believe we can hack our bodies to become superhuman and a new generation of Mormons support them

KIERON MONKS
Metro World News

Science mixes with religion like oil and water, but Carl Youngblood, head of the Mormon Transhumanist Association, wants to bridge the gap. Youngblood is disliked by many traditional Christians and transhumanists — who believe technology will make us superhuman — but Youngblood believes that if everyone can stop squabbling there will be fabulous rewards.

Carl Youngblood of the Mormon Transhumanist Association. HANDOUT

What are the main points of unity between your faith and transhumanism?
I'm a Mormon and it is close to a scientific naturalist point of view, in that we ultimately believe there are physical explanations for everything, including miracles. We believe humans can progress from their current state to something more advanced.

What aspects of transhumanism are you most keen on?
I've always been a tech enthusiast since I played with computers as a kid. Ten years ago I read Ray Kurzweil's book on the Singularity, and started to become aware of the rate of change and progress. I began to think things could happen much sooner, and transhumanism has made mainstream the awareness of exponential change.

They want to resurrect the dead. Are you playing God?
There is a tension in entering some domains traditionally left to God. The prospect of indefinite life is threatening to people with a more traditional view, but I see it as reconcilable because of my collective view of a God that works through us and does not impose upon us.

So, who hates you more – the traditional Christians or the science geeks?
We're misunderstood by both sides: a lot of transhumanists are highly secular and cannot reconcile their ideas with religion and see it as a desecration of their goal. Traditional believers see us as heretics. But we're trying to bridge the gap and both sides stand to benefit. Also, transhumanists display religious behaviour in their culture.

Do you take part in the research and experiments? Would you be happy to be part mechanized?
There is not enough of this but we try to make inroads; fundraising for scientific research. We're supporting an exciting protein development project and another for DNA mixing.

Is it a sin not to evolve?
It's hurting ourselves. If we don't take hints from the universe we are punishing ourselves, rather than God.

Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. ISTOCK

Dollar Decision$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions

YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help for parents of Gen Tech. Dollar Decision$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in a debt.

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is vital information.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to $5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Coulda, woulda, shoulda

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.

Check it out

- Dollar Decision$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

4 SPORTS

Fundraiser

Forest City Road Races sweeten the charity pot

The Forest City Road Races are switching things up a bit for 2014.

Traditionally a fundraiser for the Thames Valley Children's Centre, runners will be able to pound the pavement for charities of their choice next year.

The "partners program" is designed for those interested in building a team and raising money for a chosen association. Proceeds, such as entry fees from the race itself, meanwhile, will still go to the children's centre.

Go to forestcityroadraces.com/partners for details. METRO

OHL

Quest for the Cup ready for launch

The debut of a behind-the-scenes look at the London Knights is set for 9 p.m., Oct. 20, on Sportsnet 360.

Quest for the Cup: A Season with the London Knights, will take viewers inside the team as it prepares to host the 2014 MasterCard Memorial Cup.

The eight-part series will air one Sunday each month through May 4. METRO

MLB

A-Rod 'witch hunt' goes federal

Alex Rodriguez's lawsuit claiming Major League Baseball and commissioner Bud Selig went on a "witch hunt" against him has been moved from state to federal court. MLB filed a notice of removal Monday, saying claims by the Yankees star are governed by federal law. THE ASSOCIATED PRESS

The Athletics' Stephen Vogt slides in safely to home plate during Oakland's 6-3 win over the Tigers on Monday at Comerica Park in Detroit. ROB CARR/GETTY IMAGES

Tigers on the run as A's go big in Game 3

MLB. Detroit on verge of elimination as Oakland powers up in Motor City

Turns out the Oakland Athletics don't need a brilliant pitching performance to beat Detroit.

They can outslug the Tigers too.

Brandon Moss, Josh Reddick and Seth Smith homered for the Athletics, who chased Anibal Sanchez in the fifth inning Monday and defeated the Tigers 6-3 for a 2-1 AL division series lead.

Moss broke a 3-3 tie in the fifth with a solo shot, and Smith's two-run drive later in the inning ended Sanchez's day. It was an impressive offensive show after the teams split two tense, low-scoring games in Oakland.

The A's can close out the series Tuesday and reach the AL championship series for the first time since 2006. Oakland will send rookie Dan Straily to the mound against Detroit's Doug Fister.

"It was exciting for Brandon to get us on the board," Smith said. "It was nice to score some runs and get back on top there."

Sanchez, the American League's ERA leader, allowed six runs — five earned — in 4 1/3 innings. Smith has homered off Sanchez more than any other player, having now done it twice in the regular season and twice in the post-season.

There was activity in the Detroit bullpen before Smith's homer Monday, and he made the Tigers pay for sticking with the struggling Sanchez.

"Sometimes he starts out a little slow, you figure he's going to get it going," Detroit manager Jim Leyland said. "Today he just really didn't get it going. He made a couple of real bad pitches the last inning he was out there to Moss and Smith." THE ASSOCIATED PRESS

Game 3

A's	Tigers
6	3

Cardinals-Pirates NLDS

Rookie Michael Wacha took a no-hit bid into the eighth inning and the St. Louis Cardinals showed off their October poise, edging the Pittsburgh Pirates 2-1 Monday and setting up a winner-take-all Game 5 in the NL division series.

- The Cardinals improved to 7-1 over the last three years when facing elimination in the post-season.
- Pedro Alvarez hit his third home run of the series, connecting with one out in the eighth for Pittsburgh's only hit in Game 4.

At odds. Spin-o-rama not turning everyone's crank

Mason Raymond caused quite a stir with his spin-o-rama shootout move Saturday night.

The Toronto Maple Leafs winger scored on Craig Anderson, and the Ottawa Senators and others weren't sure if it should have been a goal after the joint NHL and Players' Association competition committee recommended making the 360-degree spin-o-rama illegal in shootouts over the summer.

During a recent conference call, however, NHL executive vice-president and director of hockey operations Colin Campbell clarified that such a goal could be taken back, but only "if 1) there is interference on the goaltender or 2) the puck stops completely or 3) their motion stops completely and/or reverses." THE CANADIAN PRESS

NHL

Ovechkin takes top star for Week 1

Washington Capitals right-winger Alex Ovechkin was named NHL first star of the week Monday after recording six points over three games.

Ovechkin led all players last week in goals (four), points (six), power-play goals (three) and shots on goal (24). THE ASSOCIATED PRESS

NFL. QB Lewis gets nod to start for Bills vs. Bengals

From practice squad to NFL starter: Quarterback Thad Lewis received the surprising news of his sudden promotion upon arriving at the Buffalo Bills facility for team meetings Monday. Shortly before 8 a.m., coach Doug Marrone pulled Lewis aside to inform him to get ready to face the Cincinnati Bengals on Sunday. THE ASSOCIATED PRESS

Quoted

"He gave me the nod, so I have to go out and do my best with it." Thad Lewis, on being named the Bills' starter for Sunday's game against the Cincinnati Bengals.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	3	3	0	0	12	8	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Ottawa	2	1	0	1	5	5	3
Florida	2	1	1	0	4	9	2
Montreal	2	1	1	0	7	5	2
Tampa Bay	2	1	1	0	4	5	2
Buffalo	3	0	3	0	2	7	0

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
NY Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
NY Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	2	2	0	0	11	2	4
Colorado	2	2	0	0	9	2	4
Winnipeg	3	2	1	0	12	10	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Minnesota	2	0	0	2	5	7	2
Nashville	2	0	2	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	8	2	4
Anaheim	3	2	1	0	8	11	4
Vancouver	3	2	1	0	12	10	4
Calgary	3	1	0	2	12	13	4
Phoenix	2	1	1	0	5	5	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0

Note: Two points for a win, one point for overtime/shootout loss.

Monday's results
New Jersey at Edmonton
NY Rangers at Los Angeles

Sunday's results
Anaheim 3 Winnipeg 2
Carolina 2 Philadelphia 1
Vancouver 5 Calgary 4 (OT)

Tuesday's games — All Times Eastern
Colorado at Toronto, 7 p.m.
Phoenix at NY Islanders, 7 p.m.
Florida at Philadelphia, 7 p.m.
Carolina at Pittsburgh, 7 p.m.
Tampa Bay at Buffalo, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
New Jersey at Vancouver, 10 p.m.
NY Rangers at San Jose, 10:30 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5)

BOSTON (1) VS. TAMPA BAY (6)

(Boston leads series 2-0)
Monday's result
Boston at Tampa Bay
Tuesday's game
x-Boston (Peavy 12-5) at Tampa Bay (Hellickson 12-10), 8:37 p.m.

OAKLAND (2) VS. DETROIT (3)

(Oakland leads series 2-1)
Monday's result
Oakland 6 Detroit 3
Tuesday's game
Oakland (Straily 10-8) at Detroit (Fister 14-9), 5:07 p.m.

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(Series tied 2-2)
Monday's result
St. Louis 2 Pittsburgh 1
Sunday's result
Pittsburgh 5 St. Louis 3
Wednesday's game
Pittsburgh (Burnett 10-11) at St. Louis (Wainwright 19-9), 5:07 p.m.

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles leads series 2-1)
Monday's result
Atlanta at L.A. Dodgers
Sunday's result
L.A. Dodgers 13 Atlanta 6

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.
Friday's game — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday's game
Edmonton at Saskatchewan, 4:30 p.m.
Monday, Oct. 14
Winnipeg at Montreal, 1 p.m.
Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK FIVE

Monday's result — N.Y. Jets at Atlanta
Sunday's results
Arizona 22 Carolina 6
Baltimore 26 Miami 23
Cincinnati 13 New England 6
Denver 51 Dallas 48
Green Bay 22 Detroit 9
Indianapolis 34 Seattle 28
Kansas City 26 Tennessee 17
New Orleans 26 Chicago 18
Oakland 27 San Diego 17
Philadelphia 36 N.Y. Giants 21
San Francisco 34 Houston 3
St. Louis 34 Jacksonville 20

WEEK SIX

Thursday's game — All Times Eastern
N.Y. Giants at Chicago, 8:25 p.m.
Sunday's games
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.

Winless Flyers clip coach Laviolette

NHL. GM picks assistant to lead team's rebuild after sluggish start to the season

On the first day of training camp, the Philadelphia Flyers were already a mess.

By the end of the pre-season, chairman Ed Snider had grave concerns about the team he founded.

"I thought our training camp, quite frankly, was one of the worst training camps I've ever seen," Snider said. "I'm not talking about wins or losses. There was nothing exciting. Nobody shined. Nobody looked good. I couldn't point to one thing that I thought was a positive.

"Unfortunately, my worries were realized."

He only needed three games to make a move.

After a winless start, the Flyers fired coach Peter Laviolette on Monday, three seasons after he led them to the Stanley Cup finals. Assistant Craig Berube, in his seventh season coaching within the organization, was promoted to replace Laviolette. He is the 18th coach in franchise history.

The Flyers fired coach Peter Laviolette after a winless start.
GERRY BROOME/THE ASSOCIATED PRESS

Despite a pre-season vote of confidence from ownership, Laviolette just couldn't overcome a punchless offence, a pair of journeymen in goal and a patchwork defence to jolt the Flyers out of their funk and keep his job. He dealt with rumours of his firing last season, a year in which the Flyers missed the playoffs after the lockout shortened the campaign. It was the only season in which he failed to make the post-season in Philadelphia.

Flyers general manager Paul Holmgren tried to mould a playoff roster in the off-season, signing forward Vinny Lecavalier, defenceman Mark Streit and goaltender Ray Emery. He also jettisoned overpriced and underperforming veterans, like goaltender Ilya Bryzgalov and forward Danny Briere.

Holmgren liked his transactions. He just didn't like how Laviolette was putting the pieces together.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

♉ Taurus
April 21 - May 21
If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

♊ Gemini
May 22 - June 21
Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

♋ Cancer
June 22 - July 23
Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

♌ Leo
July 24 - Aug. 23
Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

♍ Virgo
Aug. 24 - Sept. 23
You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

♎ Libra
Sept. 24 - Oct. 23
You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

♏ Scorpio
Oct. 24 - Nov. 22
With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

♑ Capricorn
Dec. 22 - Jan. 20
You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

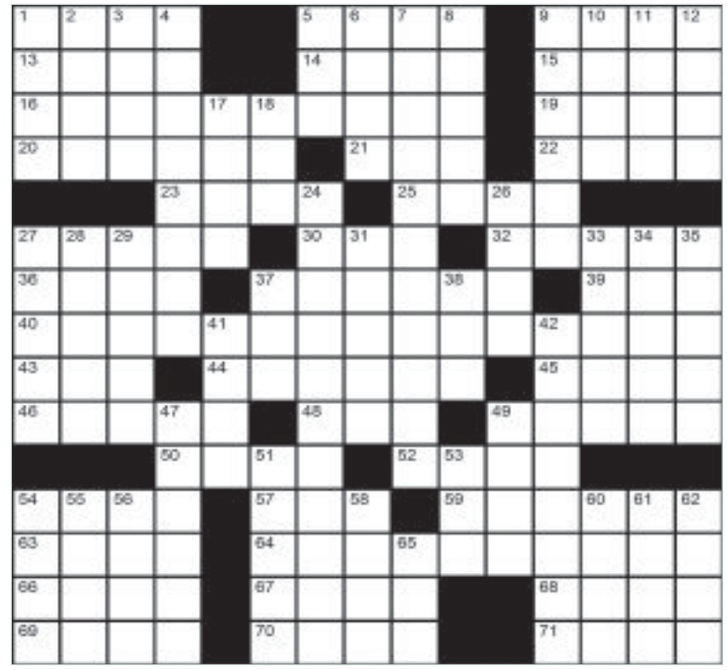
♒ Aquarius
Jan. 21 - Feb. 19
No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

♓ Pisces
Feb. 20 - March 20
Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



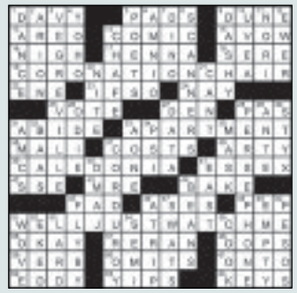
Across

1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variantly
14. "This __ __..." (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vasoline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil
36. Prefix that means 'Mars'
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.
43. __ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. __ and pains
50. Baghdad's locale
52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie __
66. Golden gymnast Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. "__ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!"

Down

1. Road trip guides
2. "__ __ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. "__ City" (2005)
6. Ancient Egypt symbols
7. Crest products
8. Permeates
9. "__ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic __ (Type of fish)
12. Stringed instrument of Japan
17. Kim's momager
18. Q. "__ '_' the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai __
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret '__' Hart
49. "Wait just ___!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. __-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	8	9	7	5	1	2	3
3	9	2	8	4	1	7	5	6
5	7	1	2	6	3	8	4	9
9	1	4	6	2	7	5	3	8
7	6	5	4	3	8	9	1	2
2	8	3	5	1	9	6	7	4
4	2	7	1	8	6	3	9	5
1	5	6	3	9	4	2	8	7
8	3	9	7	5	2	4	6	1

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